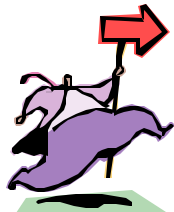




CFA Today

Volume 8, Issue 3



NOTE: See Corporate Games on page 5

MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727
Recycling	843-7192



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Chief, Community & Family
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Circulation of the CFA Today
is 1400

Editor: Colleen Gordon X2861



Sign up now for the fantastic Crab Crack and Dance at the Eagle's Nest, Friday, March 21, 2003! Dinner is at 7:00 PM sharp, with prepaid reservations on or before Thursday, March 13, 2003. Dinner is only \$17.50 per person. Dance begins at 8:30 PM. Call 833-5555 for reservations. Tickets can be purchased at the Eagle's Nest.

Fitness Center

Start Your Week Out With Aerobics!



Aerobics has taken a big turn at Tooele Army Depot. The class has grown from a mere handful to nearly twenty attendees. Kathleen Bounous is the aerobic teacher. Married to Chad Bounous, she wanted to be a stay-at-home mom so she obtained a degree in aerobics from the Aerobics and Fitness Association of America, a hobby that helps her stay in shape as well as entertained. Kathleen loves her work and is a true example of what she teaches. She and Chad have three children with the last one being born in March of last year. She said, "I am a small girl but I get really big when I am pregnant." She had gained 70 pounds but it didn't take her long to shake off those pounds and get back in shape. Kathleen also enjoys all kinds of sports; basketball, softball, and volleyball to name a few. However, aerobics is her biggest enjoyment. Besides her class at TEAD, she teaches another three hours a day.

Among other things, the class at TEAD focuses on step, weights, and yoga. Kathleen is admired by her students, in fact, one expressed, "I like her a lot. She doesn't make you feel bad if you are not keeping up. She watches each of us and is very focused on how we exercise, helping us to do it properly. She has a well-rounded class. I really enjoy it." The class is also for men. And, don't think this is a sissy class, one of her masculine students remarked, "This is the hardest work-out I have ever had!" Aerobic classes are taught by Kathleen Bounous every Monday and Wednesday at TEAD's Fitness Center from 5:30 PM to 6:30 PM. Bring your clothes and just walk in. Weights can be checked out at the desk. Classes are only \$1.00 per class.

Aerobic Questions and Answers

What are some new trends in aerobics?

The biggest trend now is combining self-defense moves into an aerobic class format. Examples include Tai chi, kickboxing and Tai bo. It's the ultimate in class cross-training. Another trend is the mind/body workout. Here, teachers combine yoga with a cardiovascular workout. This class emphasizes flexibility and stress reduction and is slower-paced.

Why is it important to increase your heart rate with aerobics?

Your heart is a muscle. And, you need to get that muscle into shape. To do that—and to lose overall body fat—you must do a cardiovascular workout.

Why does aerobics attract more women than men?

Aerobics, in part, means "moving rhythmically to music," and is sometimes perceived as "dancy," and many men would rather play basketball than dance. But more men are coming into it as classes evolve and change.

How should a beginning student start an aerobics fitness program?

If you've been completely sedentary, see your doctor for a checkup. Then start walking. Then begin taking aerobic classes. Continue to mix your aerobics program with a walking program. You should also stretch on your own. Flexibility training is important because you're more prone to injuries if you haven't been working out.

How do you know if you're overdoing it or not working hard enough?

You're more likely to overdo it if you're by yourself running outside on the pavement than if you're with an aerobics teacher who's guiding you through a class. And, to find out if you're not working hard enough, ask yourself these questions: Are you comfortable in your clothes? Or do you have to keep buying bigger sizes? How do you feel? Are you dragging from one day to the next? Do you feel your age?

How often and for how long, should people work out each week?

The familiar advice is to work out three times a week for 30 minutes.

How important is the warm-up and cool-down in an aerobics class?

Very. The warm-up warms up your body and the cool-down gets your heart rate back down to a normal rate. The cool-down also includes deep stretching. I like to cool down for about 7-10 minutes. Some students walk out after the aerobic portion, which is a mistake. This is a very important part of aerobics and your exercise routine.

What type of gear is needed for aerobics? How important are aerobic shoes?

Aerobic shoes are important to prevent injuries. They even have socks now with extra padding for the ball of the foot. I like subdued cotton clothes and cotton/lycra blends. No flash. Just be sure you're comfortable and that your clothes can breathe.

What about home aerobic videos? Are they as effective as attending a class?

In a class, you're feeding off the energy of other people. You're more excited when your peers surround you and when there's that camaraderie.

Final thoughts on why people should exercise.

Working out needs to stop being a chore and become a part of your life. It should be as basic as brushing your teeth. And there's nothing that can extend your longevity more than exercise.

(Excerpts taken from Family Safety & Health Magazine by Laura Coyne)

ITR/OUTDOOR SHOP

By Lita McLemore

The Outdoor Shop has Brand New Lawn and Garden Equipment

With such a mild winter, you may be ready to get out the roto-tillers and make your place beautiful! If you're in the mood to do a little lawn work, or pre-season garden preparation, consider stopping by the Outdoor Shop to rent some tools for those jobs.

You can clean the debris from the windy winter away and dispose of it through the rental of a chipper/shredder for only \$40.00 per day. And, if you want to get the garden plot ready for planting, instead of breaking your back with a spade and pick, rent a rear-tine or front-tine tiller for only \$10.00 per hour. You can get a healthy lawn with the use of a lawn aerator for only \$10.00 per hour, or if you have an older lawn, use the power rake in order to remove dead and unhealthy grass for a greener lawn for just \$10.00 per hour.

Almost all of our lawn and garden equipment is brand new, and most rental items haven't even been rented out yet. Come over to building 1011 and see if this equipment might fit your needs, or call 833-3129 for more information.

Happy Birthday to You! *Birthday Winners for* *February 2003*

Military Winner: Edward J. Roseberry—February 11
TEAD Winner: Rodney Luper—February 2
DCD Winner: Dennis Hall—February 22

Call 833-2861 to enter the MWR Birthday Drawing. Winners will receive a FREE LUNCH at any of the MWR Food Operations. Give us your name, date of birth (no year), phone number and area you are from. You may also enter a friends name. Our next month will be March. All Military, TEAD, DCD, and Contractors are invited to participate. Winners will be published in the CFA Today.

Pick up your certificates from Colleen Gordon at building 1012 or call 833-2861.

ARTS & CRAFT CENTER

By Jan Kofford

Potluck Lunch will be Saturday, February 22, 2003. Bring a favorite dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.)

New Hours of Operation:

Sunday—Thursday, 2:00 PM to 8:00 PM

Friday—Saturday, 9:00 AM to 8:00 PM

NOTE: Keep supporting us and we will be able to remain open during the above new hours.

Schedule for Classes

Basic Pottery Skills

Tue— 5:00 PM to 8:00 PM

Wed—5:00 PM to 8:00 PM

Woodworking

Wed, Jan 8, 2003, 5:30 PM —7:30 PM

Fri, Jan 10, 2003, 12:00 noon—2:00 PM

Sat, Jan 11, 2003, 12:00 noon—2:00 PM

Schedule for Certification:

Ceramic Technique

Thur 5:30 PM – 7:00 PM

Ceramic Certification

Thur 5:30 PM – 8:00 PM

Wood Shop Certification

Thur 5:30 PM—7:00 PM

Lapidary Certification

Thur 5:30 PM—7:00 PM

Do It Yourself Framing

Individual Appointment



FAMILY SUPPORT SERVICES



Shopping From Home

You can order all kinds of products and services from the comfort of your own home using the telephone, mail, or a computer. Common problems encountered with these kinds of purchases are delayed delivery, out-of-stock items, incorrect items shipped, damaged items received and price changes. These tips will help you avoid problems, and resolve difficulties you do encounter.

- Hang up or close the door if you are told you must decide immediately or the price will increase.
- Check that the seller has all the appropriate licenses. Contact your local or state consumer protection agency and the Better Business Bureau to check the seller's complaint history.
- Do not do business with an unfamiliar company whose only address is a post office box. The company may be nothing but a mail drop that will give you little or nothing for your money and will be difficult or impossible to locate if you have a complaint.
- Consider whether the item comes with a warranty, and where you'll get follow-up service if you need it. Some sellers don't have the expertise or facilities to provide service for the goods they sell.
- Check the seller's return policy. Can you return the item for a full refund if you're not satisfied? If you return it, are you required to pay shipping costs or a restocking fee?
- Ask whom to contact if you have any questions or problems. Write down the company name, along with contact information (mailing address, website, e-mail address and phone number.)
- Make sure the total price is correct, including shipping, handling and taxes. Will the seller pay to insure the shipment, or is it your expense? Coupons and other discounts should be properly deducted.
- Keep other transaction details. Record the item you ordered, date, amount you paid, and how you paid (check, money order, charge, etc.) Save information you were provided such as product description, delivery date, cancellation policy, privacy policy, warranties, and the purchase confirmation the seller gives you.
- Use a credit card to pay for your purchase. This gives you the right to dispute the charges if there is a problem. Never send cash – you won't have proof of payment.

- Keep track of your order.
- Be extra careful if the seller is in another country. While federal and state laws may apply, it may be difficult to pursue claims.
- If you experience a problem and are not able to resolve it by working directly with the company, contact your state or local consumer protection agency for assistance.
- In rare cases, sellers have no intention of delivering what is sold, misrepresent items, or send counterfeit goods such as pirated copies of software.

Your Rights: Shopping from Home

- When you order something by mail, phone, fax or computer, the Federal Trade Commission requires the company to:
- Ship the merchandise within the time promised or, if no specific delivery time was stated, within 30 days of receiving your order.
- Notify you if the shipment cannot be made on time and give you the choice of waiting longer or getting a refund; and -
- Cancel your order and return your payment if the new shipping date cannot be met, unless you agree to another delay.
- If you cancel, your money must be refunded within 7 days (or your account must be credited within one billing cycle if you charged the order.) The company can't substitute a merchandise credit for a refund. If you applied for a charge account with the merchant at the same time that you placed your order, the company has an extra 20 days to ship the merchandise to allow time for processing your application.
- This FTC rule only applies to the first shipment of magazine subscriptions or other merchandise that comes repeatedly. Orders for services (for example, photo finishing,) sale of seeds and growing plants, collect-on-delivery (C.O.D.) orders, and transactions such as books, and music clubs are covered by a different FTC rule.
- There may also be laws or regulations in your state that apply. Report suspected violations to your state or local consumer protection agency.

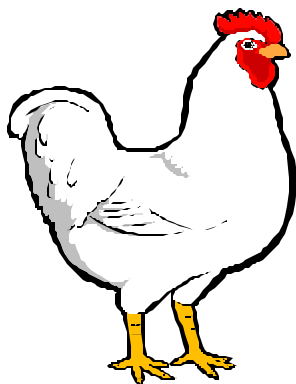
(Taken from 2003 Consumer Action Handbook at the Family Support Office.)

Eagle's Nest Lunch Menu

Chicken Stroganoff

4 bacon strips, diced
 1 lb. Boneless skinless chicken breasts, cut into 1/4-inch strips
 1 medium onion, chopped
 2 jars (4-1/2 ounces each) sliced mushrooms, drained
 1 1/2 C. chicken broth
 2 garlic cloves, minced
 1/2 tsp. Salt
 1/8 tsp. Paprika pepper to taste
 2 T. all-purpose flour
 1 C. (8 ounces) sour cream
 Hot cooked noodles
 Additional paprika, optional

In a skillet, cook bacon until crisp. Drain, reserving 2 tablespoons drippings; set bacon aside. In the drippings, cook the chicken, onion and mushrooms until the chicken is no longer pink. Add the broth, garlic, salt, paprika, pepper and bacon. Cover and simmer for 10 minutes. Combine flour and sour cream until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over noodles. Sprinkle with paprika if desired. Yield: 4 servings.



No-Fuss Pork Chops

4 boneless pork loin chops (3/4 " thick)
 2 T. olive or vegetable oil
 2 medium onions, chopped
 1/2 cup pineapple juice
 2 tablespoons brown sugar
 2 tablespoons cider vinegar
 1/2 tsp. salt
 Hot cooked noodles, optional.

In a skillet, cook pork chops in oil until browned on both sides, about 8 minutes. Add the onions; cook until tender. Combine pineapple juice, brown sugar, vinegar and salt; pour over pork chops. Cover and simmer until the meat is tender, about 15 minutes. Serve over noodles if desired.



The Salt Lake County Corporate Games have undergone some changes that will

benefit all involved. The games have combined their winter and summer formats to one major event.

There will be a full month of competition, plus new bonus games May 2, through June 6. The 2003 Games will be unlike anything you have ever before experienced!

Monday March 3, 2003
 Country-Style Barbecue Ribs

Tuesday March 4, 2003
 Spaghetti & Meat Sauce
 w/Salad & Garlic Bread

Wednesday March 5, 2003
 Liver & Onions

Thursday March 6, 2003
 Chef's Choice

Monday, March 10, 2003
 Fried Chicken

Tuesday March 11, 2003
 Ranch-Style Pork Chops

Wednesday March 12, 2003
 Roast Beef

Thursday March 13, 2003
 Chef's Choice

Monday March 17, 2003
 Corned Beef & Cabbage

Tuesday March 18, 2003
 Chicken Fried Chicken Breast

Wednesday March 19, 2003
 Halibut Fingers

Thursday March 20, 2003
 Chef's Choice

Monday March 24, 2003
 Polish Dogs w/Sauerkraut

Tuesday March 25, 2003
 Navajo Tacos

Wednesday March 26, 2003
 Roast Pork

Thursday March 27, 2003
 Chef's Choice

Monday March 31, 2003
 Sweet & Sour Chicken w/Ham Fried Rice